

WEEK THREE: SEX

Some Want More than Others—Why It's Important

All read chapter 3 ahead of time.

This week we're addressing a sensitive topic that might elicit some big feelings: sex. This might also be a good time to separate into groups consisting of husbands and wives and discuss before coming back together at the end. The word "sex" is often laced with baggage and preconceived ideas, but what does Scripture have to say about it? Is it painted as something we should be ashamed about, or is it something beautiful that should be celebrated and pursued in our marriage? Let's dive in and find out!

First, let's watch the video segment for lesson 3.

NOTES ON VIDEO

QUESTIONS

1. Share the first feeling that comes to mind with the word "sex."
2. Share the first emotion that comes to mind with the word "desire."
3. Do you believe men and women view these two words differently? If so, how?



4. Ryan and Jess go deep into the underbelly of marriage as they discuss hard topics like sexual assault and pornography. Without going into details, is there anything that needs to be brought to the light in your relationship? YES or NO.

5. Life gets busy for all of us, and sometimes sex does get pushed to the back burner. What are your thoughts about scheduling sex? Or implementing bargains to get what you need in your marriage?

SHARE

Take a few minutes to discuss answers.

READ

The following scriptures address sex. Listen and jot down your thoughts. These can remain private or can be discussed as a group.

"The husband should give to his wife her conjugal rights, and likewise the wife to her husband. For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control." —1 Corinthians 7:3-5

"Husbands, in the same way, treat your wives with consideration as a delicate vessel, and with honor." —1 Peter 3:7 (Berean Study Bible)

"Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge." —Hebrews 13:4 (KJV)

"God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.'" —Genesis 1:28 (NIV)

"When a man is newly married, he must not be sent into the army. And he must not be given any other special work. For one year he must be free to stay home and make his new wife happy." —Deuteronomy 24:5



"Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving deer, a graceful doe. Let her breasts satisfy you always. May you always be captivated by her love." —Proverbs 5:18-19 (NLT)

"Kiss me and kiss me again, for your love is sweeter than wine. . . . You are so handsome, my love, pleasing beyond words! The soft grass is our bed." —Song of Solomon 1:2, 16

DISCUSS

1. What feelings arise in your heart as we read these verses?
2. Why do you think the Lord instilled parameters around our sex lives?
3. How do these verses apply to your marriage?
4. What are some obstacles to a healthy sex life within your marriage?



EXPLORE

Here are some feelings the word "sex" elicited in people:



PONDER AND DISCUSS

Which of these emotions resonate with you?

Why?



CLOSING QUESTIONS/HOMEWORK

Complete with your spouse.

1. What is one tangible action I can take to improve our sex life?
2. Is there anything holding us back from pursuing a better sex life?
3. Do we need to address any sin that might be present in our sex life?
4. What benefits would we reap individually and within our relationship if our sex life improved?
5. What is one change we will commit to doing this week?
6. His takeaway:
7. Her takeaway:

IF COMFORTABLE, DISCUSS ANSWERS AS A GROUP.

Close with prayer.

